

Figure 1

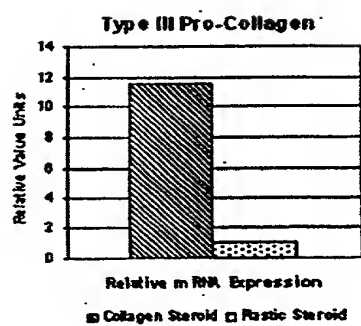
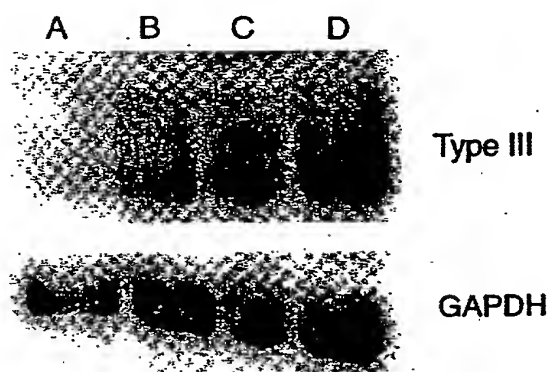


Figure 2

| MEN (106 lb for 5' of height + 6 lb/inch above 5') | | | WOMEN 100 lb for 5' of height 5 lb/inch above 5') | | |
|--|-------------|----------|---|-------------|----------|
| HEIGHT | | IBW | HEIGHT | | IBW |
| | (in inches) | (in lbs) | | (in inches) | (in lbs) |
| 4'10" | 58 | 92 | 4'10" | 58 | 90 |
| 4'11" | 59 | 100 | 4'11" | 59 | 95 |
| 5'0" | 60 | 106 | 5'0" | 60 | 100 |
| 5'1" | 61 | 112 | 5'1" | 61 | 105 |
| 5'2" | 62 | 118 | 5'2" | 62 | 110 |
| 5'3" | 63 | 124 | 5'3" | 63 | 115 |
| 5'4" | 64 | 130 | 5'4" | 64 | 120 |
| 5'5" | 65 | 136 | 5'5" | 65 | 125 |
| 5'6" | 66 | 142 | 5'6" | 66 | 130 |
| 5'7" | 67 | 148 | 5'7" | 67 | 135 |
| 5'8" | 68 | 154 | 5'8" | 68 | 140 |
| 5'9" | 69 | 160 | 5'9" | 69 | 145 |
| 5'10" | 70 | 166 | 5'10" | 70 | 150 |
| 5'11" | 71 | 172 | 5'11" | 71 | 155 |
| 6'0" | 72 | 178 | 6'0" | 72 | 160 |
| 6'1" | 73 | 184 | 6'1" | 73 | 165 |
| 6'2" | 74 | 190 | 6'2" | 74 | 170 |
| 6'3" | 75 | 196 | 6'3" | 75 | 175 |
| 6'4" | 76 | 202 | 6'4" | 76 | 180 |
| 6'5" | 77 | 208 | 6'5" | 77 | 185 |
| 6'6" | 78 | 214 | 6'6" | 78 | 190 |
| 6'7" | 79 | 220 | 6'7" | 79 | 195 |
| 6'8" | 80 | 226 | 6'8" | 80 | 200 |

Reference: Shils ME, Lowell BC, and Deen D. Physical Diagnosis-Nutritional Aspects, NY Academy of Medicine, NY 1993; p.35.

Figure 3